

February Fruit of the Month



Cantaloupe

Cantaloupe is a fruit that is also called Muskmelon. This is a type of melon that has a thick, light brown outer skin, called a rind. This rind is not eaten. The inside is orange, sweet, and juicy!

The center has seeds, which need to be scooped out before eating. These seeds can be planted in a garden to grow!

Cantaloupe is a melon that grows on vines! Other melons include honeydew and watermelon. Melons are in the gourd family, just like squash and pumpkins.

Cantaloupe is high in Vitamin A, which helps improve vision, skin, and teeth, and is also rich in Vitamin C, Potassium, and Fiber.

This fruit is a very healthy snack that will help you learn and grow big and strong!

For more information about the Fresh Fruit and Vegetable Program, contact [Brooke Wheeler](#).